

DAILY TALKS TO WOMEN READERS—INTERESTING SERIAL—SUGGESTIONS FOR THE HOLIDAY

TO SMOKE OR NOT TO SMOKE—LATTER COURSE APPARENTLY

Why Should a Woman Be Considered a Law-breaker Because She Takes Unto Herself One of the Privileges of the Opposite Sex?

A MERE man who stopped smoking some time ago gave as his reason that "it was becoming positively effeminate," which would seem to be in a measure true, yet with all this talk of a woman smoking one night this week a woman was actually arrested because she smoked on the street.

Fancy an indignant male being obliged to spend a night in a cell because he had ventured to light a cigarette on a public thoroughfare! Although I have often considered those who blew smoke in one's face at football games public nuisances.

Agreed that it is in questionable taste for a woman to smoke on the street, it does seem rather ridiculous and very unjust to class the consuming of one tiny cigarette on the public highway as a serious misdemeanor.

All this agitation and discussion of the question of women smoking is on the face of it absurd. Why should it be made a matter of sex? A man has just told me that a manufacturer of a certain widely known brand of cigarettes told him that at least fifty per cent of his output was sold to women. He overlooked the fact, however, that this particular firm catered especially to the feminine trade.

When a girl has taken to the "fifth weed," if she smokes five or six cigarettes a day her acquaintances wish their heads and say that she "smokes like a chimney."

THE CHEERFUL CHERUB

The days all stretch in one straight row; Time seems just long and never wide. As down the line of years I go I wonder what's out at the side!



chimney." Yet a man who really is addicted to the weed will consume forty or fifty a day and no one will take him to task.

Don't imagine I am an advocate of the feminine smoker, for when one comes to think of it the habit is a silly one for either sex and an expensive one also.

A woman's nervous system is more delicately constructed than a man's, and for that reason it would take less tobacco to affect her. But all this is a question of health, not morality.

MY MARRIED LIFE

By ADELE GARRISON

A Busy Morning

IT WAS almost noon when I awoke Monday, the day after our little chafin-dish supper.

"For a moment I could not separate the real events of the night before from the troubled dreams which had filled the hours since I went to bed. I had dreamed of babies all night long—gruesome visions of dead babies, terrifying dreams of trying to save dying children.

"Dicky!" I called his name as loudly as I could. To my surprise he rose from a chair at the foot of my bed. I had not seen him when I awoke.

"Are you still bewildered?" he asked playfully, yet with an anxious look. "I was beginning to be afraid you were going to be ill. You've been having nightmares evidently, talking in your sleep of trying to save some child. I've tried to waken you two or three times but you wouldn't budge."

"I remember now," I said. "The maid from across the hall ran in here last night with that baby in a convulsion, and Mrs. Underwood had brought it out before the doctor arrived."

"Have you heard this morning how the child is?"

"No. Only awoke an hour ago myself, been watching you since. Do you feel like getting up?" Katie had breakfast ready. "I think, and I ought to be getting over to the studio."

"Oh, Dicky, I'm so sorry to have kept you waiting. I'm going now, and I'll be ready in ten minutes."

"Don't hurry. There's no life-and-death matter here."

I slipped on a negligee and breakfast cap, stockings and Japanese house slippers, bathed my face and hands and came out to the breakfast table. The house was comfortable, for I always tub and dress completely before breakfast, but I did not wish to keep Dicky any longer.

THE BABY BETTER

"You ought to wear that rig often, Madge," Dicky's tone was admiring. "You look ripping in it."

"I'm glad you like it. I feel terribly sloppy in it."

Katie brought in the breakfast things, her face beaming with her usual smile.

"That's good," Dicky said. "How do you know?" He winked slyly at me.

"Don't get up, I can't have breakfast ready. I'm bringing hot-water bag early this morning, say much obliged, baby better, thank you. Den she hurry back quick."

"Father discourteous as he is to treat us, don't you think, dear? I should have thought the mother would have brought the bag herself and thanked us for our trouble."

"Don't be such a stickler for the proper thing, Madge. Perhaps she thought you might need the bag. They probably are pretty upset, you know."

"Well, good-by, sweetheart."

Dicky swallowed the last of the coffee hurriedly, and, blushing me as hastily—and, I feel, almost perfectly—took his hat and coat and went to the studio.

I lagged over my breakfast. I felt lazy, tired. I am not used to late hours, and they exhaust me. As I finally rose from the table, the telephone rang.

"I will answer it, Katie," I said. "I am going into the living room, anyway."

As I took down the receiver I heard an unfamiliar feminine voice, its tones cultured, pleasant.

"Is this Madison Square 2487?"

"Yes."

"I am Mrs. Graham there?"

"I am Mrs. Graham. Who is this, please?"

A WHISPER OVERHEARD

"Oh! Mrs. Graham, I am Mrs. Smith, of the Lotus Sunday Club. I just received your note saying you would consider taking the leadership of our history section. I am so glad. Where can I see you and when?"

"I have no engagements this week at all," I answered. "Any day that will suit your convenience will be all right for me."

"How would tomorrow afternoon at 3 o'clock, then?"

"Very well, indeed. Where shall we meet?"

"Let me see. You are at Twenty-ninth street. Suppose we say that dear little tea room on Twenty-eighth street. The Sign of the Spinning Wheel, isn't it called?"

"Oh, yes, I know the place perfectly. How shall I know you?"

"Clear ringing laugh came over the telephone."

"How perfectly absurd! We neither of us know what the other looks like. Suppose we imitate the marriage correspondence school, and each wear a pink carnation."

"I think that will be quite thrilling," I replied.

"All right, at 3 then; good-by."

"Good-by," and I hung up the receiver. I felt quite excited, shaken out of my laziness. I resolved to dress and take a telephone bath.

"On my way out of the building I thought of my resolve to ask after the baby who had been brought into my apartment the night before. I came slowly back, and rang the bell of the apartment opposite mine."

"The maid, who had rushed in with the baby the night before, opened the door. She smiled at me, but said nothing."

"How is the baby this morning?" I asked. "Better I hope."

"Wait a minute," she said. I will call my madam."

She vanished and I heard a whispered comment.

"Oh! that woman from across the hall. I wish she'd have to see her!"

But the "woman from across the hall" was walking rapidly away, her face aflame.

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(CONTINUED TOMORROW)

HOW TO CARE FOR YOUR TEETH SO THEY WILL KEEP BEAUTIFUL

By LUCREZIA BORI

Prima Donna of the Metropolitan Opera Company

THE modern chamber of horrors to many mortals is the dentist's office. Every one dreads the white-coated presiding spirit and his gentle ministrations, yet we rarely all deserve the torture he metes out to us for our carelessness in neglecting the simple every-day care of the teeth.

I hesitate at having to speak very strongly of the ordinary cleansing of the teeth, but there are many who are delinquent in this respect. The teeth should be brushed at least twice each day—morning and evening. It is better, however, to brush them after each meal.

The best common sense regimen is: Morning, brush thoroughly with a reliable dentifrice, using a brush with firm bristles, and rinse the mouth with water to which a little peroxide of hydrogen has been added. After each meal use dental floss between the teeth and brush well. Before retiring brush with tooth paste or powder, as you prefer.

Now a word about brushing the teeth. Select a brush with uneven bristles so that you can reach every tooth. The bristles should be firm, but not stiff enough to injure the gums.

Use a regular up-and-down movement, not sideways, and remember that the inner surface of the teeth require cleansing as much as the outer surface, as it makes its appearance. As soon as you notice the slightest discoloration have your teeth examined by your dentist; do not wait for an aching nerve to tell you what you ought to do.

VISIT DENTIST FREQUENTLY

Whether you find any cavities or not you should visit the dentist once every three months to have him make a thorough examination, to repair what is necessary and to clean your teeth thoroughly. Prevention is far better than cure, and this is the only

sure way of preventing painful decay and loss of teeth.

The gums at all times need care. Brush the teeth with salt once a week, as it will keep the gums firm and healthy and clean the teeth. Rinse the mouth and gums with water to which a little tincture of myrrh has been added. This is an excellent remedy for gums that need hardening.

Be careful in the selection of your tooth paste or powder, for what is good for one person may be harmful to another. Ask your dentist to suggest which of the many brands will be best for your particular use.

There are a few "dents" which should be religiously observed. Be sparing in your consumption of sweet things, especially of figs, whose small seeds are apt to lodge between the teeth and quicken decay. Do not eat too many acids, and avoid sudden

changes from hot food or drink to cold. Above all, never pick your teeth with a pin or any metallic instrument, and never bite off a thread when sewing.

As a final word, look well to the children's teeth. The first teeth are as important as the second set. Any harm that comes to the former will surely be reflected in the latter. If when the second teeth begin to make their appearance you notice that they are growing in crooked, take the child to the dentist immediately, as he will be able to train them in the way they should grow.

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Spanish Beef

Free one green pepper from seeds and force through a meat chopper with two pounds round steak, half a pound lean fresh pork and two peeled onions. Add one cup bread crumbs, two tablespoons chopped parsley, one tablespoon catsup, seasoning and milk to moisten. Shape into a loaf, lay on a buttered tin, over which strain one quart stewed tomatoes. Place four slices bacon on top and cook one hour, basting with the sauce. Garnish with potato balls, parsley and sliced tomatoes. Serve with brown sauce.

THE WOMAN'S EXCHANGE

Letters and questions submitted to this department must be written on one side of the paper and signed with the name of the writer. Special queries like those given below are invited. It is understood that the editor does not necessarily endorse the sentiments expressed. All communications for this department should be addressed as follows: THE WOMAN'S EXCHANGE, Evening Ledger, Philadelphia, Pa.

The winner of today's prize is Mrs. N. Garrod, of 1232 South Fifty-third street. Please letter addressed to the editor.

TODAY'S INQUIRIES

- 1. When water is put on to boil in a tea-kettle, how can the boiling be hastened?
2. To what uses can wooden toothpicks be put in a kitchen, in addition to using in place of broomstraws for testing cakes?
3. What is the simplest way to mend a hot-water bag which leaks?

ANSWERS TO YESTERDAY'S INQUIRIES

- 1. Safety matches can be lighted upon common glass when the lid of the box is missing.
2. To remove rust from a knife, stick the blade into an onion and allow it to remain there for an hour or so, then polish in the usual way.
3. Steel parts of oven doors can be cleaned by rubbing them heavily with a piece of soap dipped in vinegar while the steel is still warm.

Loaf or Layer Cake

Dear Madam—I have always found this recipe very easy to follow. It will give you a loaf or a layer cake, as you prefer. It is as follows: One-half cup of shortening (lard or butter), one-half cup of sugar, one-half cup of eggs, one cup of sifted flour, one cup of milk, one cup of baking powder and one teaspoonful vanilla. Beat the sugar and eggs until the whites of three eggs beaten to a froth. This will make a loaf cake. If you wish a layer cake, use one cup of sugar and one cup of eggs. Add a cupful of currants will make it better. Bake one-half hour.

Variety of Household Lore

Dear Madam—Following are a few suggestions which may be helpful. They are all tried and true. If you are in a hurry, use the following: 1. To clean a white cloth, wash it in cold water, then in hot water, and finally in cold water. 2. To clean a white cloth, wash it in cold water, then in hot water, and finally in cold water. 3. To clean a white cloth, wash it in cold water, then in hot water, and finally in cold water.

Should She Send Gift

Dear Madam—What would you do in a case of this kind? Last Christmas a man who lives in the city sent me a gift. It was a very nice gift, but I was not sure if I should accept it. I was not sure if I should accept it. I was not sure if I should accept it.

Announcing an Engagement

Dear Madam—What would you do in a case of this kind? Last Christmas a man who lives in the city sent me a gift. It was a very nice gift, but I was not sure if I should accept it. I was not sure if I should accept it. I was not sure if I should accept it.

To Renovate Feather Pillows

Dear Madam—When pillows must be cleaned of some kind of stain, wash them with soap and water. Wash them with soap and water. Wash them with soap and water. Wash them with soap and water.

Two Good Recipes

Dear Madam—Following are two good recipes, one of which I have tried many times. The first is for a loaf cake. The second is for a layer cake. Both are very easy to follow.

HOUSEHOLD HELPS

Saving Steps With Paper Inventions

If we could follow all the suggestions of the paper manufacturers a complete paper day in the household would be devoid of almost all work for the housekeeper. Beginning with breakfast it might run something like this: Paper tablecloth, paper plates, paper cups for cereal, paper plates for eggs or other hot dishes, and paper cups for milk.

After breakfast, all the housewife has to do is to clear away the breakfast things, and perk up into the garbage pail go the solid refuse. The housewife has to wash the dishes to wash, no tablecloth and napkins to send to the laundry!

Luncheon is a light meal and runs smoothly as breakfast.

For dinner the housekeeper decides on a baked fish. She takes the fish from the fish store, she always dreads the aftermath of a fish dinner—fishy plates that stink and a mess of dishes.

But in the paper day the housewife need dread none of these things. She cleans her fish on a paper towel, pulled from the paper-towel rack that hangs above the sink, and the fish wrapper is quickly and easily disposed of. Then she prepares and trusses her fish, slips it into a paper cooking bag which is placed on a baking dish, and into the oven it goes. The paper bag is simply to prevent the bag from being set unprotected in the stove. None of the greasiness or odor of the fish attaches itself to the pan which, consequently, needs no washing to speak of.

The housewife bakes a cake, too, but she doesn't pour the batter into the pan or mold. She uses a specially cut paraffin sheet which fits various sizes of pans and molds. The paraffin sheets are fitted into the buttered pan and the batter is poured on the sheet. Finally, the cake is removed from the pan attached to the sheet, but the pan itself is unsoiled and requires very little cleaning before being put away.

Were there olives, lettuce and a cold dressing for dinner? Thrifty housewife does not care to place food in the icebox in her best china. She puts each food in a separate paper sandwich bag or container dish. Then there's no danger of leakage if one dish should be knocked against the other inside the refrigerator.

For dinner she doesn't use the ordinary paper tablecloth, but paper lace doilies that look like lace. They come in "lines," too, and in patterns that will delight the shrewdest housekeeper into believing that

they are the real thing until she touches them.

When she clears away the evening meal there are very few things to wash, but she does wash the paper dishes. This dishwashing is made of a firm parchment which softens in water, and it can be used for four or five days, if the economical housewife doesn't want to throw it away at once. This is true of the paper dishes, too. The cheap paraffin linings can be placed on each dish, so that food doesn't touch the dish at all. It is the paraffin lining that is thrown away. The dish itself is good for several meals more.

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Special Offering At Much Below Regular Prices

Tailleur and Fur Trimmed Suits

In wool velour, broadcloth, gabardines, with or without Fur Trimming; small lots taken from regular stock of higher priced models. . . . \$30 to \$85

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Only Two More Days In This Childs Coffee Week

Prices Return to Normal Figures after Saturday Night

If you're not acquainted with CHILDS COFFEE QUALITY, this is an excellent opportunity to "try-out" the blend seemingly best suited to your taste, at exceptionally small cost, and settle your coffee troubles for all time to come.

Coffee buying is oftentimes a puzzling muddle—qualities vary, prices are deceptive, values mislead. There are stores that have the symptoms of abnormal self-assurance and certain humorous proclivities—we're thinking of a "Fifty-Cent Coffee" we see advertised for 28½c a pound, and of the gullibility that Barnum prospered on. Draw your own conclusions and try a pound. It will establish its own identity. It's well to deal where time has tested all the details that lead up to an invigorating cup.

Hasty climbers have sudden falls; but after thirty-four years of coffee activity we've honestly established a leadership which we intend to maintain. Quality for quality, CHILDS COFFEE PRICES are uniquely low, and are confined to our own stores. You can buy coffee from us at any time with the positive assurance that you're getting the same UNVARYINGLY GOOD QUALITY and the same PERFECT BLENDING that the Childs name has so long been famous for; and in these days of "cheap" coffee, such conditions are more nearly ideal.

In this Week's Special Selling, even price competition is lost sight of, and the opportunity is yours. THE SALE ENDS ON SATURDAY NIGHT.

Childs' Cafe Blend Special Blend Winner Brand

Good coffee at a small price. Delicious flavor and fragrance. A perfect blending of the best.

17c lb. 23c lb. 27c lb.

3 lbs. for 50c 3 lbs. for 65c 3 lbs. for 78c

Good Things Are Soon Snatched Up

We've sold more rice, so far this week, than we ever thought possible. Seems almost as though "all the world and his wife" were rice-eating. Sensible old couple to do it, too.

Extra Fancy Whole Grain "Blue Rose" Rice, 5c lb.

Five Pounds for Twenty-three Cents

Of such dependable quality that it's really wonderfully cheap. Large, clean, white grains; and full-flavored. Sound sense is shown in the buying, for rice is the most wholesome of foods, and comes so easily within the range of delicious cooking and serving.

THIS SALE ALSO ENDS ON SATURDAY NIGHT

To-morrow we open a new store, 56th and Whitby Avenue, for the handling of both Groceries and Meats

CHILDS & COMPANY

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